

Gold Medal Schools

Spring Newsletter 2007

For more information, please talk to your principal or visit www.hearthighway.org/gms

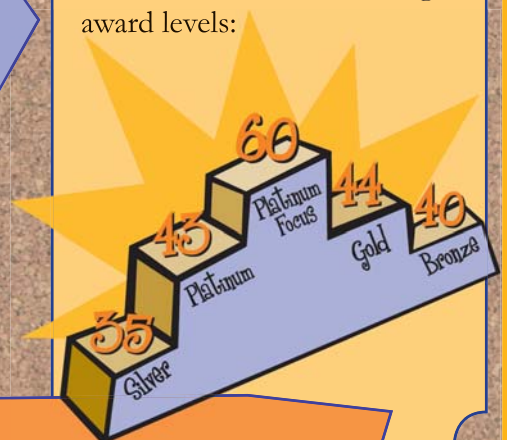
Six Years of GMS...

Congratulations Gold Medal Schools (GMS) for a successful sixth year! We are proud of all 234 Utah schools who participated in the program this year. This newsletter will give you an idea of what schools are up to across the state and may provide some great ideas on how to keep GMS going through the Summer.

A special thanks to our school coordinators; it's their support and enthusiasm that make the GMS program such a success. We appreciate your interest in creating healthy lifestyles in today's students, school faculty and staff. Thank you and we'll see you next year!

How Did We Finish in '06-'07?

GMS achieved the following award levels:



Mission:

Creating opportunities for students to eat healthy, be active, and stay tobacco-free



Don't miss our annual Gold Medal Schools awards ad to be featured in the Deseret News and Salt Lake Tribune newspapers on Sunday, **May 13!** Pick up a copy and look for your school's name. If you miss it there, check our website for a downloadable version.

Congratulations '06- '07 GMS of the Months

October: *Aspen Elementary*; Orem
 November: *EG King Elementary*; Layton
 December: *Ephraim Elementary*; Ephraim
 January: *Whitesides Elementary*; Layton
 February: *Upland Terrace Elementary*; Salt Lake City
 March: *Backman Elementary*; Layton
 April: *Oscarson Elementary*; Marysvale

To read more about how these schools were selected, please visit: hearthighway.org/gms/month.html



Whitesides teacher, Cordel Hull, (pictured left) motivates students to walk with his original walking jingle 'Walking to Africa.'

'State of the State' : '06 - '07 Highlights in GMS

Bear River:

42 schools in this area (of 43 total) have participated, or are currently participating in GMS. The schools here are progressing forward and the students are enthusiastic toward the program.

Central Utah:

Oscarson Elementary students and staff in Marysville are walking their hearts out. Everyone has their own pedometer and tracks their miles each day. Teachers at Pahvant Elementary in Richfield are offering other rewards instead of candy and sweets.

Davis County Area:

Eleven schools reached the Platinum or Platinum Focus levels this year and 18 schools have implemented the non-food rewards policy. Spectrum Academy, a school in North Salt Lake specializing in Autism Spectrum Disorders, joined the GMS program and will reach Gold this year.

Salt Lake County:

Granite and Salt Lake school districts have reached some major milestones this year. Granite has a total of 26 schools participating in GMS—that's 43 percent of its schools. Salt Lake City School District had six new schools join the program this year—that's more than any other district in the state this year.

Southeastern Utah:

Students in Southeastern Utah schools are continuing to be healthy by walking those Gold Medal Miles. This Spring they plan to work with teachers in a skin cancer awareness project to teach students how to keep their skin healthy.

Southwestern Utah:

The program is growing stronger in this area with the addition of Arrow Head, Coral Cliffs, and Santa Clara elementaries. Coral Cliffs has embraced recess before lunch, and even conducted a science project involving weighing the lunch garbage before and after the change in recess time. With recess before lunch, more food went into students instead of into the garbage can!

Summit County:

Ninety-nine percent of Summit County schools have become Platinum Gold Medal Schools and are currently working to maintain the Gold Medal Schools lifestyle they have been building.

Tooele:

Middle Canyon Elementary in Tooele had a successful Walk to School Day this past October, with 74% (574) of their students and 200 parents participating. The principal, teachers, and Tooele High School cheerleaders walked with the students and taught them pedestrian safety.

Tri-County:

All five participating schools in Tri-County, including schools in Roosevelt, Myton, and Neola, are doing great things this school year. The Thompson School has only three students total, and they each walk the Gold Medal Mile. These three eager students have a grand goal to reach Hawaii (3,800 miles). East Elementary and Roosevelt Middle Schools' staff and PTA are very involved in the success of the program. Meanwhile, Myton and Neola elementaries have exceeded their goals of walking across America and to Ireland.

Utah County:

Brookside Elementary in Springville was the first school in Nebo School District to sign up for Gold Medal Schools and will reach Platinum Focus this year. A new school coordinator and mentor have helped Brookside host activities such as Jump Rope for Heart, The Truth from Youth tobacco contest, and the Hershey Track Meet. Brookside participated in Red Ribbon Week in the Fall and had some fun assemblies featuring BYU athletes and other "celebrities". They have set a goal to walk to Hawaii and have already walked 5,826 Gold Medal Miles!

Wasatch:

Although Wasatch is a small county, 100% of its elementary schools are Gold Medal Schools. Administrator and district level support has been great. Because of GMS, the school district has established a fitness policy as well as a nutrition policy that includes discouraging the use of food as a reward, allowing no vending machines in elementary or middle schools, and requiring each school to have a nutrition education program.

Weber Morgan:

Three Gold Medal Schools in the Weber Morgan area are implementing the Recess Before Lunch Policy. Horace Mann Elementary and Uintah Elementary of Ogden began implementing the policy this year, while Christian Heritage Elementary has been a Recess Before Lunch veteran for a few years.



Turn off all your screens and go play the week of April 23-29.

Visit checkyourhealth.org for more info!

Schools Reach Highest Level of Achievement in GMS



Congratulations to the 43 schools that reached our highest GMS level this year— Platinum Focus. In order to accomplish this great achievement, these schools maintained the Bronze, Silver, Gold and Platinum criteria for GMS. While implementing the Platinum Focus criteria they focused on improving Mental Health and Wellness in the school throughout the year. Congratulations and good luck to the following Platinum Focus Gold Medal Schools:

Box Elder School District: Howell Elementary, Three Mile Creek Elementary, Willard Elementary; **Cache School District:** Greenville Elementary; **Davis School District:** Creekside Elementary, Crestview Elementary, Hill Field Elementary, Holbrook Elementary, Mountain View Elementary; **Garfield School District:** Antimony Elementary; **Granite School District:** Academy Park Elementary, Beehive Elementary, Calvin S. Smith Elementary, Eastwood Elementary, Fox Hills Elementary, James E. Moss Elementary, Monroe Elementary, Philo T. Farnsworth Elementary, Pleasant Green Elementary; **Jordan School District:** Bell View Elementary; **North Sanpete School District:** Fountain Green Elementary, Spring City Elementary; **Nebo School District:** Brookside Elementary; **Piute School District:** Oscarson Elementary; **South Sanpete School District:** Ephraim Elementary, Gunnison Valley Elementary, Manti Elementary; **Salt Lake School District:** Highland Park Elementary, Washington Elementary, Whittier Elementary; **Sevier School District:** Pahvant Elementary; **Weber School District:** Freedom Elementary, Green Acres Elementary, Lakeview Elementary, Lomond View Elementary, MarLon Hills Elementary, North Ogden Elementary, Riverdale Elementary, Roy Elementary; **Private Schools:** Christian Heritage, Edith Bowen Laboratory School, Reid School, St. Joseph Catholic School (*pictured above preparing for their Jingle Bell Walk*)

“
An hour of play a day is best for elementary age children. It can be in bouts of 10 to 15 minutes of moderate to vigorous activity with rest periods in between. Some of the time they should break a sweat.”

-Lynda Blades, Physical Activity Specialist,
Utah Department of Health

There is no safe amount of secondhand smoke. Just five minutes exposure to secondhand smoke stiffens the aorta (the main artery carrying blood from the heart to the body) as much as smoking one cigarette would! This makes it harder for your heart to pump blood to the body. Make sure your home is smoke free, for adults, teens, children and even animals!

For help with quitting, visit www.utah.quitnet.com or call 1-888-567-TRUTH to speak with a counselor.



Make Sure Your Home is a Gold Medal Home This Summer

Summer is quickly approaching and many parents are wondering how to live the Gold Medal Schools lifestyle all summer long. Here are some helpful tips on how to keep kids active while they're on your watch at home.

Keep your kids active for at least 60 minutes a day.

The National Association of Sport and Physical Education says children, ages 5-12, should be getting 60 minutes of physical activity each day. But with school out and hot weather in, kids often gather around the refrigerator or the television rather than go outside and play. In fact, the average kid spends at least three hours per day in front of a TV screen alone. Help your kids unplug 'n play (see pg. 2), or find a new hobby to get excited about this summer. You can also check out some great workouts at www.checkyourhealth.org designed for families and kids to do together.

Offer them healthy, but tasty snacks, so they don't seek more unhealthy options.

Summertime is the perfect time to enjoy fruits and veggies at their peak, while they are less expensive and fresh! Plan some healthy snacks to have available to kids so they are less likely to make unhealthy choices. When it comes to what to serve just remember—the fresher the better! MyPyramid for Kids at www.mypyramid.gov/kids recommends that kids eat two or more servings of fruit and three or more servings of veggies a day. One serving of veggies equals 1/2 cup for raw or cooked options or one cup of leafy raw vegetables. One serving of fruit equals one piece of fruit or a melon wedge; 3/4 cup of juice; 1/2 cup of canned fruit; 1/4 cup of dried fruit.

Keep your kids in smoke-free environments.

Being exposed to smoke can increase a child's chance of allergies, ear infections, asthma, pneumonia and other respiratory infections. Luckily, Utah legislators have passed new measures to make our state a smoke-free one. However, many new smoking restriction laws do not take effect until 2009, so make sure your kids are in safe and smoke-free environments in the meantime. For more information on these new laws and the locations affected, visit www.tobaccofreeutah.org.

Crystal Krall, Clinton Elementary

- 1 large box Orange Jell-O
- 2 29 oz cans Mandarin oranges
- 1/2 12 oz Frozen red raspberries
- 1 tub non-dairy Whipped Topping

Make Jell-O as directed on package. Immediately add raspberries and one can mandarin oranges. Allow to set up. Spread Whipped Topping on Jell-O. Use other can of oranges to decorate the top.

Note: If fresh raspberries are available, you can use them too.

Dessert : Mandarin-Raspberry

Katrina Ware, Rolling Meadows Elementary

- Fresh spinach
- Green olives

Place a handful of fresh spinach in the bottom of the bowl. Sprinkle sliced green olives over spinach, then flaked canned tuna and bacon bits. Garnish with a whole green olive in the center. You can put as much of each ingredient as you like. It's great served with bread!

Salad : Tuna-Olive Florentine

- Canned tuna
- Bacon bits

